

Baxter Springs News

CHAS. L. SMITH, Editor & Owner.
BAXTER SPRINGS - KANSAS

The Modern Preacher.

He cannot if he would, he would not if he could, ignore the great moral issues which are freely debated by his generation, and which from time to time cause social upheaval and rearrangement of social strata, declares President Faunce of Brown university, in his "The Educational Ideal in the Ministry." The minister must proceed with sanity and caution, and only after adequate study. He is not ordinarily to deal with individual men or measures, as is the candidate for public office. But he is to feed and nourish the moral sense of the community out of the great storehouses of the past. He is to challenge sharply all theories and policies which antagonize the laws of human justice and love. He is to interpret the Galilean teaching into terms of present life. He is to explain what in the gospel narrative is transient custom or local rule, and what is eternal law. He is to point out impartially and fearlessly the ethical dangers which inhere in all groupings of labor or capital, and in all new movements, social or civic, fraternal or religious.

A model flat building is to be tossed skyward on the South side in Chicago, according to plans and specifications furnished by a great architect, says the Daily News of that city. Maybe it will be a model, but we are not sure about it. Great architects may know how to build model livery stables or even model theaters, but when a model flat building is projected the prospective tenants should be consulted, since they alone are competent to say when a model tenement is a dream. As stone walls do not a prison make, so brick and mortar and oak finish do not make a model flat. Would the great architect ever think of providing neighbors who were cheerful lenders of sugar and coffee, and who were never out of those articles at a critical moment? Would the architect so construct a flat that it would be impossible to find a resting place for a phonograph? These are things to think about. Plans look all right on paper, but if they fail to supply a janitor who is both a Chesterfield and a Sandow, as well as a willing shoveler of coal, they fall short of the mark.

Even the British suffragettes cannot escape the eternal dress question. The have lately devised a "martyr robe," to be worn when welcoming from prison the women discharged after serving sentence for disturbing the peace. It is white, trimmed with ribbons. As they like variety, they dressed in Scotch plaids the other day, when welcoming a detachment of discharged Scotchwomen who had let their enthusiasm bring them into conflict with the police. No official explanation of the new custom has been made; but may it not be the purpose of the reformers to suggest in a subtle way that whatever may be their political desires, they are still women?

The retirement of President Elliot of Harvard has given the trustees of the Carnegie foundation for aged college workers an opportunity to emphasize that its pensioners are not the recipients of charity. Dr. Elliot has been promptly voted the highest annuity possible under the rules, and in this action Dr. Elliot promptly acquiesced, although the compensation he has received during his long service has lifted him above the risk of indigence in his old age. It is probable that one of the motives influencing Dr. Elliot in becoming a pensioner was a desire to set an example that might release other pensioners of all thought of shame.

Halls of fame and pantheons of the great dead are distinguished almost as much for conspicuous omissions as for the monuments they contain. Bunyan's "Pilgrim's Progress" used to be second only to the English Bible in the affections of the people, and is still widely read, and yet Bunyan is not commemorated in Westminster abbey. It is said that the Baptists of Great Britain have started a movement to place in the abbey some shrine to the master of English religious prose.

Mr. Rockefeller suggests that the way for a young man to get rich is to borrow \$4,000 and sail in. If the distinguished oil merchant will kindly put his telephone number in the book he may hear from a few thousand deserving young men who are willing to start by borrowing the \$4,000 and give him a plan a trial.

DIET AND HEALTH

By DR. J. T. ALLEN
Food Specialist

Author of "Eating for a Purpose," "The New Gospel of Health," Etc.

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INFANT FEEDING.

The effects of wrong feeding in adult life, including those of alcoholism and other forms of intemperance, are undoubtedly hereditary whether the habits of alcoholism, tobacco and unnatural eating are transmissible or not. We know that the vitality of the infant is determined by the vitality of the parents—though not altogether by the average vitality—and the powers of nutrition are the fundamental powers transmitted to offspring.

We may not always be able to trace family history in eyes and lungs, but we can always find it in stomach and liver and intestines.

The food of the young dog, horse, cow, ape and human, in common with all other mammals, is milk. The natural food of the mature dog is flesh; that of the others is vegetable. The digestive systems of the ape and man resemble, slightly, that of the dog; not, I think, as some argue, because their natural food is largely flesh, but because nuts closely resemble flesh, chemically. The gorilla has "canine" teeth, but it is a strict vegetarian. The bear's "canine" teeth are his means of defense.

Albumen, the chief constituent of flesh, is digested chiefly in the stomach by the action of the gastric fluid. Accordingly, the intestine of the dog is short in proportion, the stomach being 60 per cent. of the entire digestive tract. The cow's stomach is very complicated; she has, in fact, four stomachs. This is because her natural food requires much dilution with saliva and rumination before it can be passed on to the intestine, not that proteid is the chief element of the cow's food, as in the dog.

Now the stomach of the cow plays a much more important part, relatively to the intestinal digestion, than in man. Cow's milk is, chemically and mechanically, adapted to this physiological difference. It does not as soon break up into small curds, and is, therefore, retained longer in the calf's stomach. This peculiarity partly explains the difficulty of digesting cow's milk and should be considered in any attempt to modify cow's milk so as to adapt it to infant feeding.

We know that the health of the infant, its nervous moods, its physical health and temper in general, are influenced by those of the mother, through the food. This alone would indicate the impossibility of perfect adaptation of cow's milk to infant feeding. At best it is unnatural, but as it is in many cases necessary, partly or entirely, we must make the most of it. An imperfectly nourished child is more liable to diseases of childhood and survives with greater difficulty. Food is not, of course, the only requirement for health, but it is fundamental.

In cases in which cow's milk must be used, care should be taken to see that the cow is healthy, unless herd milk is used, that no preservative is used, that the bottles and other vessels with which it comes in contact are washed well with boiling water, never with river or cistern water, that it is not unnecessarily exposed to dust or barnyard contamination, for milk absorbs bacteria as a sponge absorbs water and they develop very rapidly. The feeding bottle should be thorough-

ly washed in boiling water after and before using. It is best to have two, the one not in use kept immersed in a solution of common baking soda.

Cow's milk can not be made identical with the infant's natural food; but it can be approximated to it. The chief difficulty to be overcome is to modify the large curds of cow's milk that tend to remain in the stomach longer than they should, as the development of the calf's stomach requires that its food shall have a much heavier curd than that required by the infant, in which intestinal digestion is more important. The use of lactic tablets, as explained in my last article, entirely obviates this difficulty besides overcoming other objections to the use of cow's milk.

To reduce the proportion of the elements in cow's milk to approximately the standard of human milk, pour off about half of the fat that settles to the top of the bottle; add as much water as the whole amount of milk and a tablespoonful of sugar. Milk sugar is to be preferred to cane sugar, always objectionable. The addition of a little lime water is, in many cases, beneficial.

As a rule infants, like adults, are overfed. No doubt one of the reasons for the greater endurance and freedom from disease of wild animals is the fact that the young are less likely to be overfed, as every naturalist knows. An infant probably would starve in one-tenth the time that an adult can subsist without food, but eating too often and too much becomes a habit with the infant as with the adult. An infant may cry for food when it is food drunk; what it may need is water. And children cry for other reasons than because they are hungry. Stopping an infant's cry continually with food is easy but unwise.

Nature provides an extremely light diet for the first few days of infancy. Let us not supersede her method till we know better.

Once every two hours is often enough for the first month and every third hour thereafter. If there is a real demand between the periods, sweetened water should be given (distilled or boiled water and milk sugar). Constant overfeeding causes an abnormal appetite, as in the adult, that is never satisfied.

No definite rule can be laid down as to the amount required. The best that has been suggested is, an ounce for each month, beginning with two ounces, increasing to eight ounces at eight months, after which full milk will be used. Moderate, judicious exercise now becomes important. A child needs exercise before it can walk. The freer its opportunities for movement the better.

The infant digestive system is not adapted to cereal food, always a cause of more or less digestive difficulty and expenditure of vitality, even in the adult. Under no circumstances should white bread, moistened with tea, coffee, milk or gravy be given to an infant.

There are many infant foods on the market, composed of cereals or of cereals with milk, malted. In cases of milk poisoning, or of serious digestive disorder resulting from unbalanced feeding, due to the inadaptability of cow's milk, something must be substituted for the milk, but it does not follow that because a child improves on the substitution of one of these prepared cereals it is better as a permanent diet. It is also well to keep in mind that a child is not healthy merely because it is fat. It may be failing to develop the digestive system normally. It may become so "flabby" that it will fall a prey to disease when the fatty degeneration has reached its limit and the conditions are favorable for disease.

The common practice, when cow's milk disagrees, is to adapt the milk by mixing it with oatmeal or barley water. This cereal tends to break up the coarse curd of cow's milk, but it is in itself unsuitable, though the remedy is better than the disease; the prepared foods are better as the cereal in them is malted.

Cereal foods are digested with difficulty by the adult and should not be given freely to children. Coarse bread, never less than two days old, is preferable to fine white bread which a child should never be given fresh.

At the age of one year a very small quantity of pulverized fresh peanut may be taken, at noon, in water, forming a peanut cream, and the amount very gradually increased till at two it forms half the diet. A small piece of zwiebach may now be added to the evening meal and very gradually increased till it becomes one-half, by weight, of the evening meal, when both should be continued.

At three, the regular diet of childhood should be fully established. At seven in the morning a drink of water with lemon juice and only enough sugar to make it acceptable; at eight, apple, cantaloupe, ripe banana or other fruit; nothing else, unless water is called for. At ten as much artificial buttermilk as can be taken; at noon a slice or more of whole wheat or combination cereal bread with pulverized peanut. If the child is really hungry and healthy he will eat this with good relish.

At three give the modified milk. At six zwiebach with honey or, if preferred, prunes only. Give water as often as called for between meals, but nothing else.

Let the solicitous parent be fully assured that this diet will develop the highest qualities of body and mind and that sickness will be avoided, if the child is properly aired, watered, exercised and amused and protected from stagnated, foul air, bad water and sudden changes of temperature or too much clothing in warm weather.

The goat is the healthiest of all animals, always free from tuberculosis. Its milk is in every respect superior to cow's as a substitute in infant feeding, and it ought to be adopted for general use, there being no reasonable objection but lack of knowledge of the facts.

It is a poor goat that will not give from one to four quarts of milk a day, and it costs no more to feed than a dog, where there is a fair-sized back yard.

Tests show that goat's milk approximates to the natural infant's food more closely than does cow's milk. Digestive tests indicate it to be three times more digestible, the curds being much finer and the fat far more soluble.

Absolute cleanliness and freedom from disease is, however, the chief recommendation of goat's milk.

"Go to the hills and drink goat's milk," was the prescription of Hippocrates, the father of medicine, for tuberculosis. We are making the search for a cure for "the great white plague" a serious matter, as it should be, but the true cure is at least fully suggested in the method of the Greek physician.

Dr. Koch, the eminent discoverer of the tuberculosis germ, says the bovine and the human germ are not the same. However, this may be, milk from a tuberculous animal is unwholesome; it may furnish a medium for the culture of tuberculosis. A case is on record in which a farmer, prohibited from selling the milk of an infected herd, fed it to his hogs and they were infected.

Now comparative anatomy and physiology and evolution attest that the nutritive system of the pig closely resembles man's.

It is chiefly because of the superior healthfulness, in general, of the goat, and its immunity from tuberculosis in particular, that I have advocated the substitution of goat's for cow's milk in infant feeding.

Taught First Aid to Injured.

More than 25,000 employees of the Pennsylvania railroad have been instructed in first aid to the injured at the company's expense.

Book Made of Marble.

At the Strozzi palace in Rome there is a book made of marble, the leaves being of marvelous thinness.

He Wasn't a Friend.

The editor's private stenographer was pretty and it became an advertised fact around the office that reporters and others had more business during her service with the editor than under the regimes of former stenographers in that office.

One day last week the assistant city editor went into the editor's room to see the editor. Outside the window was a painter, who, in order to get in a more advantageous position, hung by his hands to the top of the window frame, and was in this position when the assistant city editor entered the room.

The assistant city editor looked up at the suspended figure and said, laughingly:

"Friend of your, Miss Blank?"

"No; he's only a hanger-on!"

Important to Bachelors.

Celibacy does not pay. A good marriage is the supreme human felicity; a tolerable marriage is as much as the tolerable majority of people deserve; but even a bad marriage is better than no marriage at all.—Book-fellow.

His Explanation.
"What does you reckon dey mean by sayin': 'Last of all come Satan'?"
"Hit means dat he whitts 'twel all de crowd is in an' den whitts in an' nabs de whole business!"—Exchange.

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For "Last Best West" pamphlets, maps and information as to how to secure lowest railway rates, apply to Superintendent of Immigration, Ottawa, Canada, or the authorized Canadian Government Agent:

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MARKING THE SOUR MILK COW

Explanation the Woman New to the Country Didn't Quite Believe.

The woman was new to the country and her host took great pains to explain to her whatever she didn't understand about the farm. He had little regard for the truth, this farmer, he delighted to test her gullibility to the utmost.

The cows seemed to interest her more than any other domestic animal. One of the cows had lost her tail somehow and this fact led the woman to ask why it was.

"That's the sour milk cow," the farmer explained with a straight face. "We always cut the tail off one cow in the herd so as to get sour milk fresh every day."

The woman looked her doubt. "It's perfectly true," the farmer insisted. "You see when the cow's tail is gone the sun shines continually on

the cow's udder and the constant heat sours the milk."

But the woman still doubted.

Tommy, the Boy Boxer.

An indulgent papa had many a jolly scrap with his 12-year-old boy, and grew proud of the youngster's willingness to "wade in" for a boxing bout, with or without gloves. One day he said to his wife: "Sally, our boy must be taught to take care of himself with his fists. He shows an aptitude for the manly art. I shall find a master of the science and put Tommy through a course of fisticuffs." "You'd better not; you will have trouble," said the sage wife. Her caution was unheeded. At 13 Tommy could hold his own with papa; at 14 he could drive the "old man" all over the room, and at 15 he could put him out in three rounds. At 16 papa laid down altogether, and Thomas owned the house. "I told you so," said the mother of the boy to indulgent papa.